# Movement

March 1, 2016

There has been a slow de-conditioning sort of process, and a loss of desire to move, which has been in part intentional with movement research developing a new process for movement artists to train their body for creative play, choreography, and performance.

Presently, post-aneurysm treatment, I am taking it easy - but even with this, ability to move limited by fatigue and ability.  My observation though, is as of yesterday, going a bit farther every day.  I managed to scramble though our gulley and got 3/4 of the way up Glendessary avenue.

This is a HUGE shift for me.

I'm a professional dancer.

In June - actually - I was performing in a 65 minute work of choreography - in rehearsals for 2 1/2 weeks preparing in the studio for 5-7 hours a day.  I didn't dance through the whole piece, but a good portion of it.

My body is telling me - first impression back - seek out QiGong.